



## Runner-Up: 2010 Individual Eye on Wellness Awards

*The Eye on Wellness awards recognize both an organization and an individual who've shown to be outstanding wellness advocates and excellent role models for others.*

### Runner-Up: 2010 Individual Eye on Wellness Award

#### **Amy Crumbaugh**

*Physical Education Teacher*

*Bridgeport Elementary School, Frankfort, Kentucky*

Health and wellness have always been important to Amy Crumbaugh, a physical education teacher at Bridgeport Elementary School in Frankfort, Kentucky. She holds a master's degree in physical education and health and has grown to be an avid runner, participating frequently in mini marathons.

Amy is being recognized as an Eye on Wellness runner up because of her strong leadership, beliefs, motivation and devotion to promoting health and wellness throughout the Bridgeport Elementary School community.

Her passion for wellness inspired her to seek out ways to help her peers lead healthier lives. She launched a pedometer-based fitness program for the teachers and staff at Bridgeport Elementary School as well as coordinated the opening of a staff fitness/work-out room. Additionally, Amy was the mastermind behind kicking off a school-wide Jump Rope for Heart campaign geared toward students, as well as helping organize a student jump rope team and performance troupe.

Since Amy launched these wellness programs for Bridgeport's staff, employee morale has increased immensely. Teachers and staff report they are thoroughly enjoying the program and are often asking each other if they've met their "steps" for the day. Amy continues to be a wellness cheerleader for her colleagues, sending emails to the entire school when a staff member runs a race or applies themselves in a health-related activity. An added bonus of Amy's initiatives is that students have become more aware of their daily activity levels and have a better understanding of how fitness is a key factor in living a healthy life.

